

Stretches



Stretching helps improve flexibility and reduce risk of injury.

Below you will find several stretches. Please do the stretches that have been checked off for you.

Each stretch should be done slowly and held for 15-20 seconds and repeated 2-5 times. Stretch smoothly without bouncing or jerking. Stretching should not hurt.

Remember to BREATHE as you stretch!



Head Turn

O To Do

_Repetitions

Stretches neck muscles

1. Sitting erect, looking straight ahead



2. Look toward one shoulder



3. Look straight ahead



4. Look toward other shoulder and return to starting position

TIP - Don't let your chin drop



Side Stretch

O To Do _____Repetitions

Neck

1. Sit relaxed with good posture. Look forward



2. Tip ear down to right shoulder. Straighten to midline (look forward)



3. Tip ear down to left shoulder then return to midline



Shoulder Circles

Sit with back supported

O To Do _____Repetitions

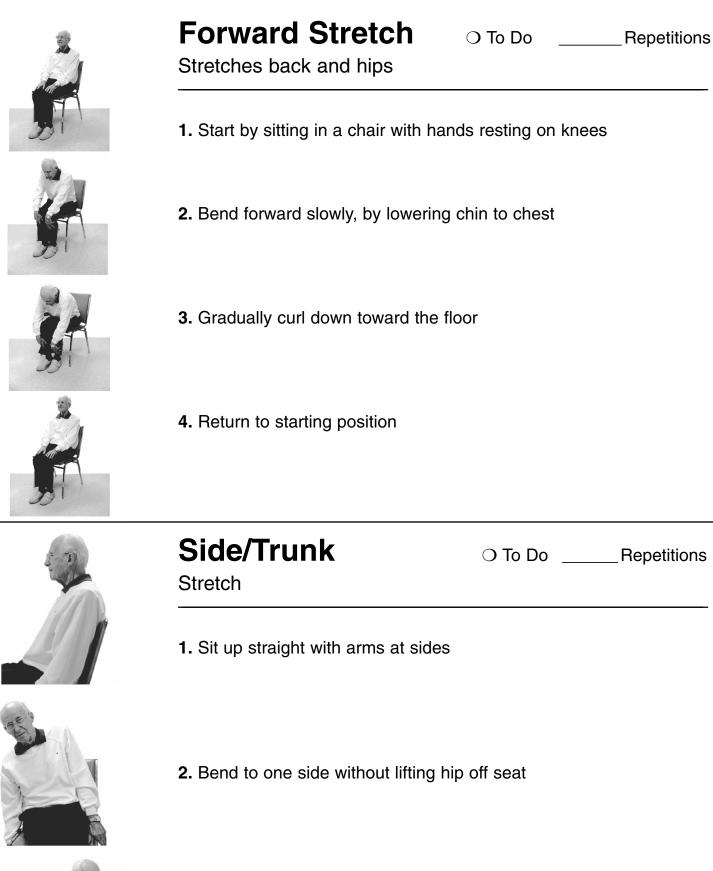
1. Sit up straight



2. Raise shoulders towards ears and then pull shoulders back making half-circles with shoulders



3. Return to relaxed position





3. Repeat to opposite side



Calf Stretch

O To Do _____Repetitions

Against the wall

1. Start about 2-3 feet away from the wall (moving farther away as you get more flexible)



2. Step forward with one leg and bend the forward knee. Lean towards the wall keeping the rear heel on the floor. Feel the stretch in the lower leg of the rear leg

3. Relax and repeat with the other leg

Acknowledgements: We wish to thank Ernie and Grace Hertzog, and Shirley Storey, who gave their permission to use their photographs in this brochure.